Cheyenne McCarthy

Essential Belief Statement

January 28, 2013

I think there are many influences that have contributed to my desire to be a teacher. Our lives are a series of events that define who we are and we are forever changing because of this. When I was younger, elementary level, I would always pretend to be a teacher and I would tell my parents I wanted to be one, which sounds cliché. As I got older, I grew out of the notion of wanting to be a teacher, I had many teachers I just didn’t care for, I never wanted to be in school. In high school, my dream was to join the Peace Corps and help the less fortunate in third world countries; I took years of Spanish and hope to be fluent in it eventually, for now I can just hold a conversation. I also enjoyed health a lot as well; I think it may have been the birth of my nephew that sparked it. I got to see this child grow from a tiny flicker turn into an amazing ball of energy, he is now five. Coming to college also helped me develop my passion for health. Seeing how healthy the people around me were, and even seeing how unhealthy I got to be at points scared me. I want everyone to have insight about their health and what it takes to actually be healthy. The childhood obesity level in our country is startling, as well as the list of illnesses, diseases, and complications related to being obese.

I am very fortunate that I will be certified to teach kindergarten all the way up to grade twelve. Sadly, I feel as though I am forced into the secondary level, and although that is where I think I will feel most comfortable right now, I believe it is more important to be in the elementary school. My personal belief is that health is way too important to just be taught for half a year in high school. There are so many aspects of health, many people think it’s all about diet and exercise, but there are a number of things to consider. Your overall health is a combination of mental, physical, sexual, emotional, and spiritual aspects, to just name a few. It takes a balance of all of these, which can be different for every person. Considering all the aspects that are involved in being healthy, it could take some people an entire lifetime to figure out what it truly is they need to be healthy. I am extremely passionate about health, especially because I have been through many ups and downs throughout my life that have revolved around the categories that make up my overall health and their balance.

I hope that the way I learn won’t effect the methods and approaches I use in the classroom. I hope that this class will help me learn how to be intelligent in all eight intelligence categories; as well as the four categories we put ourselves into (beach ball, microscope, clipboard, puppy). If I can learn to be at least average, hopefully above average, in the competency of all eight intelligences and balance all learning environment styles, I won’t have to worry about my methods and approaches in the classroom. Hopefully I will be catering to all my students and not be biased because of the way I learn as of now.

My fears about teaching are that I won’t be effective in teaching effectively to all students. I have a fear that I won’t be able to meet the needs of all my students, which is very important to do. I want to be an effective teacher, that all students can say, “what a great teacher,” or, “I learned so much from having class with Ms. McCarthy.” That is my hope, an expectation I have for myself, I just hope I can accomplish it! An expectation I have is to continue to learn. Like I previously stated, we are defined by a series of events, which is life, and we are forever changing because of this. I believe that I always have the ability to continue learning and growing, and although I am the teacher, a student can very well teach me something I did not know, whether it is about them, the world, or myself.

From this course, hopefully I can gain the knowledge and tools it will take for me to erase the fears I have and accomplish my expectations. It may take a lifetime to do so, which seems scary, but hopefully I can at least feel confident that my fears will slowly, but surely fade away and my aspirations will be met eventually. Quick results are nice, but some things are worth the wait.